



GTHL concussion policy summary

STEP 1 & 2 (RECOGNIZE AND REMOVE): A suspected concussion has been recognized and player is removed from play. Trainers hold the final decision to remove players with a suspected concussion.

STEP 3 (REPORT AND REFER): Trainer completes *Suspected Concussion Report Form*. Provides copy to:

Parent/Guardian and recommend they seek medical assessment as soon as possible

GTHL Office: MFATA@GTHLCANADA.COM
Fax: 416- 636-2035

STEP 4 (ASSESSMENT): Seeing a medical doctor or nurse practitioner for medical assessment*

If player is experiencing any concussion symptoms:

Physical: Headaches, nausea, dizziness, sensitivity to light and noise

Mental: Fogginess and difficulty thinking, feeling slowed down, difficulty concentrating and remembering

Sleep: Sleeping more or less than usual, difficulty falling asleep and staying asleep

Emotional and Behavioural: Sadness, anger, frustration, nervousness/anxious, irritable

If player is experiencing any 'Red Flag' Symptoms:

- Headaches that worsen
- Seizures
- Repeated vomiting
- Looks very drowsy/can't be awakened
- Unusual behavioural change
- Slurred speech
- Can't recognize people or places
- Increasing confusion or irritability
- Weakness or numbness in arms/legs
- Persistent or increasing neck pain
- Change in stage of consciousness

*This includes: Family Physician, Pediatrician, Sports-Medicine Physician, Psychiatrist, Neurologist or Nurse Practitioner. Documentation that does not fit this criteria will not be accepted.

Schedule an appointment immediately with a medical doctor/nurse practitioner.* Go to nearest Emergency Department if 'Red Flag' symptoms appear

Call 911 immediately to go to nearest Emergency Department

STEP 5 (DIAGNOSIS): Was a concussion diagnosis received at medical or emergency appointment?

Send medical documentation of diagnosis to team trainer to send to GTHL office

Yes

No

Parent monitors for 24-48 hours in case symptoms appear or worsen

STEP 6 & 7 (MANAGEMENT AND RETURN-TO-SPORT): Initial recovery strategies and return-to-sport protocol

Send medical documentation of no diagnosis to team trainer to send to GTHL office BEFORE on-ice activity

Return to game play